



# CEO'S MESSAGE

Osmond Bromfield OD, JP

We are more than halfway through 2021 and looking back at the last quarter I am pleased to announce that the Credit Union continues to deliver sustainable growth in all portfolio areas while continuing to build a solid business foundation.

As we continue to face new challenges in our business environment my mission is to constantly assess how our products and services are meeting the needs of our members and identify where we need to improve and how quickly we can make those improvements. We want our members - whether you are brand new or have been with us for years - to feel that Public Sector Employees Co-op Credit Union Ltd (PSECCU) is the place for all your financial needs.

Life as we know it is not the same and as we continue to navigate this crisis, we want to ensure that our members are a cut above the rest. We continue to make a big difference in our members' lives by paying some of the most competitive interest rates ranging from 2% -8% per annum on their Savings and Investments accounts and by constantly reviewing our loan products to ensure that no member walks out of our offices empty-handed.

The world has changed, and the way business is conducted will continue to evolve and transform in significant ways even after this pandemic has passed. With that in mind, due to the Government of Jamaica's Covid-19 restrictions on gatherings, our Annual General Meeting (AGM), which was scheduled for Friday October 29, 2021, has been postponed until further notice. As soon as it becomes safe to do so, you will be informed of the new date.

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While it is uncertain what the economic toll of this crisis will ultimately be, we will continue to be here to help our members secure their financial future. We remain an extremely strong and well-capitalized institution, and we are prepared to weather the storm of this pandemic. I have been humbled by the many stories members have shared over the last few months of the help and hope we've been able to provide to them during this crisis.

We all make different choices each day. From what to wear, where to park or even what to listen to while driving. As a member of PSECCU, you made the right choice to do your banking with us and we are glad you did!

It's a privilege to serve you, and I can't express the gratitude PSECCU has for your loyalty and support. We will get through this together.

Thank you for placing your trust in us now and in the years to come.

# FINANCIAL TIPS: 5 EASY MONEY SAVING TIPS THAT WORK

## 1. SAVE FIRST, SPEND LATER

Pay yourself first. If you do this it's a sure way towards financial freedom. Use the 50/30/20 flexible approach to budgeting. This means 50% of your take home pay goes on your needs, 20% goes towards fun and 30% goes to saving for emergencies and investing. If this split doesn't work for you, adjust the ratios as you go along.

## 2. DON'T SPLURGE ON PAYDAY

A recent survey revealed 1 in 5 people spend over half their monthly wages within 48 hours of getting paid! Don't let this happen to you. Prioritize your most important expenses and saving before you start spending.

## 3. WEATHER THE STORM

If the current crisis has taught us anything, it's the importance of a rainy-day fund. If yours has taken a battering recently (or you never really had one), start saving – anything is better than nothing. The rule of thumb is to have three months' income saved for emergencies, ideally six if you have a mortgage.

## 4.HAVE A NO SPEND DAY

Exercise some self-discipline and try to have at least one no-spend day each week, it will make you more careful with your cash in the long term. This can be as simple as having last night's leftovers rather than buying lunch out.

## 5.WORK ON PAYING OFF YOUR DEBT

High-interest debt, like credit cards, can eat up your monthly income. You may be surprised at just how much you are paying in interest each month if you are carrying a balance on your credit cards.

Taking steps to pay off your credit cards as quickly as possible will free up additional money in your budget.





# TAKE ADVANTAGE OF HIGH RETURNS WITH OUR

**SPECIAL  
DEPOSIT**  
UNBEATABLE

**8%**  
interest  
per annum

**7%** Golden  
Harvest  
interest  
per annum



**6%** DEFERRED  
SHARES  
interest  
per annum

## SAVINGS AND INVESTMENT PLAN



**Public Sector  
EMPLOYEES**  
Co-operative Credit Union Limited  
*'Where your financial security matters most'*

We know that you do not always have the time to visit our branches, that is why we are happy to meet you online.  
Connect with us on social media to get news updates and the latest product information.



@pseccuja



Public Sector Employees  
Co-operative Credit Union

Head Office  
7-9 Union Square, Kingston 5  
876-929-1845 or 876-906-8621

Mandeville  
9 Ward Avenue  
876-625-8583 or 876-619-3109

Portmore - Shop #6 Caribbean  
Estate Plaza  
876-632-6424 or 876- 631-0335

Montego Bay - Shop #10 Icon  
Mall, 12 Crane Blvd, Faireview  
876-971-2306 or 876-979-3046

St. Mary - Shop #10F Pompano  
Shopping Complex, Tower Isle  
876-975-5649 or 876-619-3105



**Public Sector  
EMPLOYEES**  
Co-operative Credit Union Limited  
*'Where your financial security matters most'*

Just in time for the holidays

# **OPEN A PARTNER PLAN TODAY AND SECURE THE CHRISTMAS BAG**

Plans ranging from \$5,000 to \$40,000 monthly

Receive your hand in December when you sign up today

\*conditions apply



## ONLINE BANKING AND YOU!

While online banking has become more popular in recent years, being able to access your accounts and complete transactions online has become a necessity during the COVID-19 crisis. These services provide convenience and flexibility that let you bank on your terms, including:

- 24/7 account access. Manage your accounts from anywhere in the world once there's an internet connection.
- Online banking offers the quickest way to check your account balance and transaction history.
- Avoid long lines and pay your bills online with bill payment.
- Transfer funds between your account.
- Transfer funds to other members.

If you have questions or need help getting started, contact a Member Service Representative at 876-822-5230, Monday – Friday from 8:30 a.m. to 4:30 p.m. or via Online Chat.

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## HAVE YOU RECENTLY UPDATED YOUR PHONE NUMBER, EMAIL, HOME OR MAILING ADDRESS?

If so, please send us an email with your updated information to [info@pseccreditunionja.com](mailto:info@pseccreditunionja.com).

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## OPENING A PSECCU ACCOUNT JUST GOT EASIER!!!

Encourage your family members and friends to become a member and start their account opening process online by visiting our website at [www.pseccreditunionja.com](http://www.pseccreditunionja.com)

## DON'T LET DEBT BURST YOUR BUBBLE.

The past year has been tough on everyone. If you've taken on some extra debts to help you stay afloat, consider consolidating all of your high-interest debts into one low monthly payment.

Ask about our Super Consolidation Loan

1. Maximum amount \$5M
2. External debts can be consolidated up to a maximum of \$2M
3. 120 months to repay
4. Maximum cash disbursement \$500,000

**NOW YOU CAN  
CONSOLIDATE UP TO  
\$2,000,000.00**  
in external debt with our  
**SUPER**  
Consolidation Loan

receive maximum \$500,000 in cash

borrow up to \$5,000,000.00

up to 120 months to repay

Effective July 15, 2021

(Banks and Credit Unions only)

**Contact our Credit Department  
876-224-4339**

\*conditions apply



## CREDIT UNION WEEK

Credit Union Week will be celebrated from **October 17-23** under the theme  
'Building Financial Wealth for a Brighter tomorrow'.  
International Credit Union Day will be held on **Thursday October 21, 2021**.  
Stay tuned to our social media pages for more updates.





# Operation Hours

For all branches

Monday to Friday

8:30a.m to 4:00p.m

Saturday

Closed

## UPCOMING HOLIDAY

All our Branches will be closed on Monday October 18, 2021, in observance of National Heroes Day.

All branches will resume business at 8:30am on Tuesday October 19.



## USE THE EQUITY IN YOUR HOME TO:

- Pay off debt
- Fund you or your child's tertiary education
- Take a much-needed vacation

**ASK ABOUT OUR HOME EQUITY LOAN**

**8.99%** per annum



Make your home work for you by borrowing against the equity in your home.

With interest rate starting at 8.99% there are many ways in which a home equity loan can work for you and your family.

-You can use the equity to finally get those home improvement plans off the ground that you have been putting off, or you might consider using it to take a family vacation. And, of course, you can also use the equity to consolidate outstanding debts at a lower interest rate and a lower monthly payment.

-We encourage you to contact our team today to discuss the countless possibilities a Home Equity loan can offer you!

## COVID 19 AND YOUR MENTAL HEALTH

The COVID-19 pandemic has likely brought many changes to how you live your life, and with its uncertainty, altered daily routines, caused financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last, whether you will lose your job, and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do.

During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness, and loneliness. Mental health disorders, including anxiety and depression, can worsen. For all of these reasons, it's important to learn self-care strategies and get the care you need to help you cope.

Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.

### TAKE CARE OF YOUR BODY

**Get enough sleep.** Go to bed and get up at the same time each day. Stick close to your typical schedule, even if you're staying at home.

**Participate in regular physical activity.** Regular physical activity and exercise can help reduce anxiety and improve mood. Find an activity that includes movement, such as dance or exercise apps.

**Eat healthy.** Choose a well-balanced diet. Avoid loading up on junk food and refined sugar. Limit caffeine as it can aggravate stress and anxiety.



**Limit screen time.** Turn off electronic devices for some time each day, including 30 minutes before bedtime.

**Relax and recharge.** Set aside time for yourself. Even a few minutes of quiet time can be refreshing and help to quiet your mind and reduce anxiety. Many people benefit from practices such as deep breathing, yoga or meditation. Soak in a bubble bath, listen to music, or read to a book — whatever helps you relax.

## **TAKE CARE OF YOUR MIND**

**Keep your regular routine.** Maintaining a regular schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, bathing, getting dressed, work or study schedules, and exercise. Also set aside time for activities you enjoy.

Limit exposure to news media. Constant news about COVID-19 from all types of media can heighten fears about the disease. Limit social media that may expose you to rumors and false information. Look for reliable sources, such as the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) or the Ministry of Health and Wellness(MOHW).

**Stay busy.** A distraction can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies that you can do at home, identify a new project or clean out that closet you promised you'd get to.

**Focus on positive thoughts.** Choose to focus on the positive things in your life, instead of dwelling on how bad you feel. Consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective.

**Set priorities.** Don't become overwhelmed by creating a life-changing list of things to achieve while you're home. Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. And recognize that some days will be better than others.

## **GET HELP WHEN YOU NEED IT**

Hoping mental health problems such as anxiety or depression will go away on their own can lead to worsening symptoms. Do not be afraid to ask for help when you need it

**Contact a close friend or loved one** — even though it may be hard to talk about your feelings.

**Contact a minister**, spiritual leader or someone in your faith community.

**Contact your employee assistance program**, if your employer has one, and get counseling or ask for a referral to a mental health professional.

**Call your primary care provider or mental health professional** to ask about appointment options to talk about your anxiety or depression and get advice and guidance. Some may provide the option of phone, video or online appointments.

# CORPORATE SOCIAL RESPONSIBILITY

## PSECCU AWARDS \$1M IN PEP GRANTS

Over forty-nine (49) lives have been impacted by our PEP Grant. We wish all the recipients a successful school year and continued success during their high school years.



## CREDIT UNION FAMILY DAY HIGHLIGHTS

Theme: “My Credit Union, My Family”





# CORPORATE SOCIAL RESPONSIBILITY

## CREDIT UNION FAMILY DAY HIGHLIGHTS

Theme: "My Credit Union, My Family"





# BIRTHDAY Club

July | August | September





# In Loving Memory of

## SHANIKA MURDOCK

We are saddened by the passing of our colleague Shanika Murdock, who passed away on October 1.

How does one express the amazing essence and spirit of Shanika? Her outgoing personality, her infectious smile, her unwavering commitment to her job, to her family and friends?

Words, even the very best of words, cannot pay tribute or truly capture the sense of loss that we are all feeling.

She was an amazing person who has played a unique and special role in all our lives. Shanika exemplified life, love, and laughter.



We remember her as a mother, sister, niece, cousin, colleague, and friend.

We will grieve for you, cry for you and even smile because of you... and in all the tomorrows we will feel you – gone in some ways, but your presence always near.

**GO WELL... STAY WELL... ALWAYS!**

On behalf of the Board of Directors, Committees, Management and Staff, we offer our deepest condolences to her family during this time.

Please keep them and the entire Credit Union family in your prayers.